



ZUMBA®

gold

For Active Adults & Seniors

Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun.

Mondays

November 2 - December 14

***No Class on 11/23**

Time: 9:15 am - 10:15 am



Registration begins:

Residents-- September 21

Non-Residents-- October 5

Classes held at the
Surfside
Community
Center
9301 Collins Avenue



Active Adults

Resident \$60.00

Non-Resident \$90.00

6 Weeks = 6 Classes

Drop in fee per class

Residents \$15

Non-Residents \$23

Seniors 55 & up

Resident \$30.00

Non-Resident \$42.00

6 Weeks = 6 Classes

Drop in fee per class

Residents \$6

Non-Residents \$8

Registration and classes held at the Surfside Community Center
Proof of residency is required at the time of registration

For more information please call (305) 866-3635

Website: www.townofsurfsidefl.gov

**Changes/Cancellations are subject to administrative fees*